

Discharge Instructions for Application of the Two Piece Urostomy Pouching System

Introduction

This handout will help you when you change your pouch after you go home. You should apply your pouch when urine output is decreased. For some people, this means early morning, before eating or drinking. When possible, apply the pouch to a smooth skin surface. This is easiest when standing or lying down. A smooth surface will give a more secure fit.

Equipment

Have your instructions and equipment ready and within reach before you begin:

- Soft disposable cloths or washcloths
- Wafer _____
- Pouch _____, allow 1/8 inch barrier between flange and the base of the stoma; use the same size urostomy pouch as wafer; the size you use will depend on your stoma size
- Waste container/plastic bag
- Roll of one inch paper tape and a roll of one inch cloth tape (optional)
- Convex insert, only if fitted for one by an ET nurse

Changing Your Pouch

Assemble the clean pouch

1. Cut a pattern in the wafer to match your stoma size. Make sure that at least 1/8 inch of the wafer is present between the plastic flange and your stoma.
2. If your pouch has a convex insert, you will need to continue using one. Add the convex insert to the new flange. The stoma pattern must allow at least 1/4 inch of wafer between the convex insert and base of the stoma. Convex inserts can be washed and reused.
3. **Close** the drainage valve on the pouch. The valve is closed when the colored dot faces **toward** your body. The plug should be placed in the tap stem when the valve is closed. Open the valve when you want to drain urine from the pouch. The valve is **open** when the colored dot faces **away** from your body. To drain, remove the plug from the tap stem.
4. The pouch and flange can be snapped together as one piece. They can also be applied separately.

Removing the old pouch

1. Gently peel the pouch away from your skin, pressing against the skin with your fingers. The pouch can be thrown away. Put it in a waste container after draining.

(over)

2. Wipe away any urine or mucus on and around the stoma with a washcloth. A small amount of blood may appear around the stoma when it is cleaned. This is normal.
3. Clean the skin around the stoma with warm water. You do not have to use soap. Rinse well and pat dry.
4. Remeasure the stoma to be sure the pattern matches the stoma size. There should be no exposed skin between the wafer and the stoma.
5. The stoma may need to be covered with a cloth to keep the skin dry.

Applying the new pouch

1. Remove the paper backing from the wafer.
2. Place the wafer gently in position over the stoma. Apply light pressure for 30 seconds. Knead the wafer inside the flange to the base of the stoma. This will ensure a tight seal.
3. Make sure that the inner surfaces of the pouch are separated and that the pouch has a little air in it.
4. Find the bottom lip portions of flanges on the wafer and the pouch. Starting at the bottom, apply gentle pressure around the edge of the pouch flange until it snaps in place onto the wafer flange. Tug downwards on the pouch to be sure it is locked in place.
5. Apply paper tape to all four sides of the wafer, if you are active. The tape will prevent the edges of the durahesive from coming loose.
6. If you are using a belt, attach it to the tabs on the pouch. Be sure your belt is not too tight and is in line with the stoma (not riding up). Pressure marks on your skin mean the belt is too tight.
7. If you are not using a belt, cloth tape may be used to tape the tabs on the pouch flange to the wafer. This will keep the pouch from unsnapping.

When to change your pouch

You should routinely change your pouching system. Change the wafer every seven days. Change it sooner if you have any itching, burning, or leakage. The pouch should be changed two times a week. Plan to empty your pouch when it is 1/3 full. The pouch should not be thrown away daily.

Connect your pouch to straight drainage at bedtime or when you take a nap. Use the accuseal adapter to connect the straight drainage. Clean the bedside drainage bag daily by flushing it with water. Rinse with a vinegar water solution (add 1 cup of white vinegar to 2-3 cups of water). Change the bedside drainage bag weekly. Throw away the used bag.

Follow-Up

Follow-up visits to the Enterostomal Clinic are encouraged. Your stoma will reach its final size six to eight weeks after surgery. You may need a different size pouching system after discharge. You will be remeasured at your clinic appointments. Bring an extra pouch and wafer with you to your clinic appointments.

The ET Nursing Services will help you with all aspects of stoma care. Call the ET nurse if you have frequent leakage problems, skin problems, difficulties with pouch care, questions or concerns about living with a stoma. Your ET nurse can be reached at (612) 725-2000, extension 3565.

When you need ostomy supply refills, call the Pharmacy refill number, 1-800-661-0827, or mail in your refill slips. Allow 10-14 days to receive your supplies.

The phone number for the Enterostomal Clinic secretary is (612) 725-3497. Call the secretary to make or change appointments.

Content approval: ET Nursing Service

August 1987

Revised September 1988

Reviewed October 1990

Revised July 1992

Reviewed June 1994

Revised June 1996

Reviewed March 1998

Revised June 2000, July 2002

Revised May 2004

VA Medical Center
Minneapolis, Minnesota